



310TH SPACE WING

# UTA NEWSLETTER

DECEMBER 2010 [HTTP://WWW.310SW.AFRC.AF.MIL](http://www.310sw.afrc.af.mil)

VOLUME III, ISSUE 12



## 310th SW cuts ribbon on new AMDF/MSG facility

by **Tech. Sgt. Scott P. Farley**  
310th Space Wing Public Affairs

**BUCKLEY AIR FORCE BASE, Colo.** -- The 310th Space Wing commemorated the opening of its mission support group and aero medical dental flight facility on Buckley Air Force with a ribbon cutting ceremony on Nov. 6.

The doors to the 310th Mission Support Group and Aero Medical Dental Flight building were officially opened during the November unit training assembly marking a new beginning in the 310th SW's ability to take care of it's people.

"Having our mission support group and medical flight on Buckley proper provides a great work environment to carry out our mission," said Col. Karen Rizzuti, commander of the 310th Space Wing.

The 27,880 square foot facility cost \$5.4 million and provides manpower, personnel and medical services to the Reservists of the 310th Space Wing.

The ceremony was attended by the leadership of the 310th Space Wing, as well as local government officials and organizations responsible in the construction of the facility.

The ribbon cutting was the culmination of several years of planning and construction that the 310th Mission Support Group Commander Col. Gene Odom said is a rare opportunity for a commander.

"It's a once in a career opportunity be a part of a project like this from the design to the ribbon cutting," said Colonel Odom. "We finally feel like our own entity, our own group in its own home."

The ceremony also included the activation of the 310th Force Support Squadron, which is housed in the newly opened facility. The activation of the 310th FSS consolidates the operations of the 310th Services Flight and the 310th Mission Support Squadron, which was deactivated. Lt. Col. Kevin Graefe assumed command of the new squadron.

The ribbon cutting was also a new beginning for the 310th AMDF, which now shares the new facility.



From left, Chief Master Sgts. Rocky Hart, Michelle Zayatz, Lt. Col David Schaefer, Col. Karen Rizzuti and Gene Odom cut the ribbon of the 310th Mission Support Group Aero Medical Dental Flight Building on Nov. 7 at Buckley Air Force Base. The new facility will provide personnel, manpower and medical services to 310th SW Reservists. (U.S. Air Force photo/Tech. Sgt. Nick Ontiveros)

"It's incredible to have this state-of-the-art medical facility," said Colonel Schaefer. "We will soon have 100 percent of our medical and dental equipment on hand to provide the high-caliber care that the AMDF has always delivered; except this time, it's in our own facility."

Colonel Odom said the opening of the new building will be a big boost in morale for unit members.

"Our people already have a sense of ownership," said Colonel Odom, who added his troops have already been working and playing with their host unit. "People are decorating their work areas. There is a sense of family, but also a sense that you are coming to a professional military organization when customers stop here."

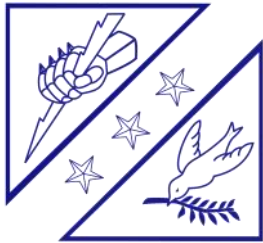
Until moving in September, the two units have spent several years as guests in military facilities in Denver and on Buckley.

"The working environment is a 10-fold improvement over the temporary Lowry facilities," said Colonel Rizzuti. "I have

already seen a difference in the morale of those units. People are walking around with smiles on their faces and are happy to have a place to call home."

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<http://www.310SW.AFRC.AF.MIL>

## WING SCHEDULE

2010/2011

**December**

4-5 UTA

**January**

8-9 UTA

**February**

5-6 UTA

**March**

5-6 UTA

**April**

2-3 UTA

**May**

14-15 UTA

# Thanks for memories, support, service

by **Col. Karen Rizzuti**  
310th Space Wing Commander

I wanted to write an article for the newsletter this month since this will be the last full UTA I will spend with the 310th Space Wing.

As my time at the wing winds down, I've been making notes of things to pass on to Col. Jeffrey Mineo, as he comes in to replace me.

I started off writing things that have been left undone.

There were a lot of issues I wanted to get solved during my time here that just did not get fixed. Things that are on the wing action plan, some things that need to be added to the action plan, and some things that are just outside our control.

But then, as I looked back on the past two years, I was reminded about all the things that DID get done – about all of YOUR amazing accomplishments while I was here.

I read about them almost daily as I reviewed OPRs, EPRs, 1206s, letters of appreciation, awards, decorations and newsletter articles.

I bragged about you constantly to 10th AF, AFRC, AFSPC, the community, and anyone who would listen. Your contributions to the defense of our nation are absolutely astounding. You've won scores of accolades and awards and honors – each one well deserved. You've provided weather, environmental intelligence, missile warning, battlespace awareness, space situational awareness, ISR, information assurance, testing, navigation and timing, precision strike and precision everything else (maneuver, air drop, search and rescue, etc.), nuclear detonation detection, command and control, training and education, space control, electronic warfare, exercise support, wargame support, evaluations, intel, three MILCON projects, two of which are complete and one well underway, numerous deployments, a successful UCI, outstanding service to Airmen and families, financial services, legal, medical, dental, spiritual and readiness support, and uncountable charitable acts, acts of kindness, community service, and generous donations to the military and civilian communities.

I was continually amazed when I heard the stories of our dedicated Reservists who commute great distances to serve with us, take pay cuts and travel at personal sacrifice, who are leaders in their civilian jobs and bring extraordinary expertise to the mission, and balance so



many demands on valuable time.

I was impressed with our full-time force as well – with how steeped in knowledge, how respected by the space, medical and support communities, and especially with how you go out of your way to ensure every member feels like part of the family and is well cared for in good times and bad.

This is truly a remarkable wing and that is because you live the motto "A Family of Professionals."

Never have I worked with a more professional and more caring and more fun group of people. Ever. That makes it very hard to leave. Fortunately, I will still be working with you – just at a different level.

I will still live in Colorado Springs and will hopefully still see some of you from time to time. I can continue to work the issues that did not get resolved – and maybe with better results working from the NAF.

And I will always remember my time here with a smile and disbelief and surrealism – that I actually had the great honor and privilege of commanding the 310th Space Wing – somebody actually allowed me to do that. And it was the joy of my Air Force career and nothing will ever compare to it. I thank you for your service and for your support, and I wish you many future successes.

I wish you and your loved ones a happy and blessed Christmas season.



# 310th SW honors local heroes on Veterans Day

by **Tech. Sgt. Scott P. Farley**  
310th Space Wing Public Affairs

**AURORA, Colo.** -- The 310th Space Wing teamed up with the Denver Hospice to honor local veterans during a Veterans Day ceremony at the Veterans Nursing Home at Fitzsimons on Nov. 11.

Ten Airmen from the 310th Space Wing's units at Buckley Air Force Base, Colo., and Schriever Air Force Base, Colo., took part in a program to honor the heroes at the veterans nursing home.

The ceremony of veterans honoring veterans, was kicked off with the pledge of allegiance and Tech. Sgt. Thomas Metcalf of the 310th Mission Support Group singing the national anthem assisted by the veterans who filled the room to capacity.

310th Space Wing Commander Colonel Karen Rizzuti spoke to the veterans about the importance of the sacrifices they have made for their country and the difference they have made in the lives of people all over the world. She ended the ceremony reading the poem, "They Did Their Share" and then leading the 310th Airmen in a salute to the veterans.

Following the ceremony, the wing members passed out refreshments and flowers and took the opportunity to sit down and chat with residents of the nursing home.

While volunteerism is common in the 310th SW,

many of the Airmen who attended the Veterans Day ceremony said they got a lot from giving back to veterans.

"This day is not for us, it's for them. This is the one volunteer opportunity that makes sense to me, thanking past vets for what they have done," said 310th Security Forces Squadron Tech. Sgt. Joseph Schwartz. "I love hearing their stories and about the difference in the military from then to now. It is really good to know about the past."

Senior Airmen Veronica Gomez, 310th Mission Support Group, said she was choked up by the ceremony and interacting with the veterans.

"I've never had the opportunity to do anything like this before," said Airman Gomez. "It was awesome to see Airmen take the time to visit people who have lived such tremendous lives. It was very moving for me. The last time I was saluting in service dress was at my grandfather's funeral. I was honored to be able to honor those who sacrificed so much."



Tech. Sgt. Thomas Metcalf, a members of the 310th Mission Support Group, talks to Don Ness while handing out flags at the Veterans Day ceremony in Aurora, Colo. The 310th Space Wing teamed up with the Denver Hospice to honor local veterans during a ceremony at the Veterans Nursing Home at Fitzsimons on Nov. 11. (U.S. Air Force photo/Tech. Sgt. Scott P. Farley)

# Review aims to streamline ART hiring process

by **Daniel P. Elkins**

Air Force Personnel

Services and Manpower Public Affairs

RANDOLPH AIR FORCE BASE, Texas (AFNS) -- Personnel officials from the Air Force Reserve Command and the Air Force Personnel Center met here Oct. 26 through 28 to begin steps in reducing the timeline of the hiring process for air reserve technicians, or ARTs.

Leaders from AFRC and AFPC met with civilian force integration officials to identify present challenges, assess performance gaps and set goals for reducing the hiring process by 50 percent. Their efforts also are intended to tackle a 15-percent ART vacancy rate.

An ART is a full-time federal civil service employee who serves in a position that requires an active Reserve assignment in a Reserve unit. ARTs account for approximately 14 percent of Air Force Reserve Command personnel but make up 70 percent of the command's full-time staff. Traditional reservists make up 80 percent of AFRC, while civilian employees represent the remaining 6 percent.

Officials at AFPC and at Headquarters AFRC have worked diligently to identify issues in ART hiring and are working hard as a team to reduce processing times over the next few months.

"ARTs are responsible for training our traditional reservists and ensuring they remain proficient in their core jobs and wartime skills," said Col. Michael McCully, director of AFRC Manpower, Personnel and Services at Robins Air Force Base, Ga. "Our technicians also maintain day-to-day continuity in their units. Vacan-

cies in our ART force affect unit readiness, so being able to bring ARTs on duty sooner will increase Air Force mission capabilities and improve unit morale throughout the command."

Officials are closely examining each step of the process as well as the "handoffs" between the command and AFPC to make the overall hiring procedure more efficient.

"The intent of this review is to eliminate bottlenecks and clarify requirements for each step in the hiring process," said Michelle LoweSolis, the director for force integration at AFPC. "Not only will this bring critical assets on duty more quickly, it will help stem any cascading effects."

The review comes as Air Force officials move to implement a single staffing tool through USAJOBS beginning Nov. 15 that will move the service closer to an 80-day hiring process initiative directed by the president earlier this year.

USAJOBS will allow both internal and external candidates to apply through [www.usajobs.gov](http://www.usajobs.gov) from which a single referral list will be generated for hiring managers.

AFRC leaders also have set their sights on that 80-day target, hoping to cut the current 166-day average by more than half. Officials hope to shave much of time in each step of the hiring process while also streamlining "handoffs" between each step.

Members from both AFPC and AFRC have formed a team to perform an ART value stream map analysis that will continue the review process.

The team will review its progress with senior leaders in early January to ensure success.

To learn more about Reserve technician positions, visit the AFRC website at [www.afrc.af.mil](http://www.afrc.af.mil).

## 310th Security Forces practices active-shooter scenarios

**SCHRIEVER AIR FORCE BASE, Colo. -**

- Members of the 310th Security Forces Squadron honed their craft during the November UTA, taking part in active shooter training on Nov. 7 in the 310th Space Wing headquarters on Schriever Air Force Base, Colo.

The 310th cops took part in two-man and three-man active shooter scenarios dealing with armed assailants, as well as unarmed suspects.

Shawn O'Reilly, a civilian DOD law enforcement officer from the Fort Carson, Colo., led the training, which provided the 310th Airmen with opportunities to training on various techniques for clearing rooms and confronting armed assailants.



Staff Sgt. Richard Porter, left, clears the 310th Space Wing headquarters building with Senior Airman Matthew Majernik while practicing a three-man scenario during an active-shooter exercise on Nov. 7. Shawn O'Reilly, trainer and bad guy in the exercises, waits to surprise the advancing security forces Airmen from inside a cubicle. O'Reilly, an ex-Army MP and civilian law enforcement officer at Fort Carson, Colo., worked with members of the security forces squadron on two-man and three-man active shooter scenarios during the unit training assembly. (U.S. Air Force photo/Tech. Sgt. Scott P. Farley)

# Open season set for three civilian benefit programs

## Armed Forces News Service

**RANDOLPH AIR FORCE BASE, Texas** -- Office of Personnel Management officials have announced open season for three civilian benefit programs beginning Nov. 8 and lasting through Dec. 13.

The three programs are the Federal Employees Health Benefits Program, the Federal Employees Dental and Vision Insurance Program, and the Federal Flexible Spending Account.

Federal Employees Health Benefits  
The Affordable Care Act, Public Law 111-148, extended the age children may remain covered under their parents' FEHB plans, self and family enrollment, to age 26. Those already enrolled in self and family coverage do not need to re-enroll during open season. New enrollees should contact their health benefits provider to add eligible children effective Jan. 1, 2011. Employees not enrolled in FEHB, or enrolled in self-only coverage, can elect self and family coverage to add newly eligible children during open season.

Premiums for the 2011 FEHB program will rise an average of 7.2 percent.

"This increase is below last year's premium increase of 8.8 percent," said Kathryn Iapichino, a human resources specialist at the Air Force Personnel Center. "There are many plan choices in 2011, including high-deductible and consumer-driven health plans."

Officials recommend employees review their health care coverage during open season, not only to make desired changes, but to ensure their plan continues to meet their medical needs, or has not been altered or discontinued. Employees should also review their plan premiums for 2011, since some will see increases of up to 40 percent in the bi-weekly cost. FEHB premium costs, open season comparison guides, and individual plan brochures for 2011 are available for view at [www.opm.gov/insure/health/planinfo/index.asp](http://www.opm.gov/insure/health/planinfo/index.asp).

Air Force-serviced civilian employees can make their FEHB open season enrollments or changes by one of two methods: the Employee Benefits Information System or Benefits and Entitlements Service Team phone system.

EBIS, a secure web application, is located within the Air Force Portal and AFPC Secure website. Employees making an election via EBIS have the advantage of printing a copy of the Standard Form 2809, Health Benefits Election Form, as soon as they complete the election.

Employees in the U.S. who wish to use the BEST automated phone system can call 800-525-0102; press 2 for civilian employees, then 2 for benefits and entitlements, and follow the prompts.

Employees overseas can dial the AT&T toll-free direct-access number for the country in which they are currently located, then 800-525-0102. Direct access numbers can be found at <http://www.usa.att.com/traveler/index.jsp>. Hearing impaired employees may call the TDD line at 800-382-0893. Counselors are available Sunday from 3 to 11 p.m., Monday through Thursday from 7 a.m. to 11 p.m., and Friday from 7 a.m. to 6 p.m., CDT.

Federal Employees Dental and Vision Insurance Program

The Federal Employees Dental and Vision Insurance Program provides supplemental dental and vision insurance coverage. FEDVIP is group coverage and the employee is responsible for paying 100 percent of the premiums. There are four plans that offer nationwide and overseas dental coverage and several regional plans to choose from this open season. There are three vision plans to choose from, and all plans provide nationwide as well as overseas coverage. Three enrollment categories are available: self only, self plus one, and self and family. Coverage and benefits vary, but they generally include preventive care services, oral and eye exams, orthodontia, and a variety of eye- and oral-care products and procedures. The Affordable Care Act does not apply to FEDVIP.

"It's important to understand that FEDVIP and FEHB are entirely separate programs," Ms. Iapichino said. "Federal employees eligible to enroll in the FEHB program may enroll in FEDVIP, even if they have not enrolled in FEHB. Eligibility is the key."

FEDVIP enrollment automatically continues from year to year like FEHB enrollment. FEDVIP enrollment also continues

when enrolled employees retire. There is no "five-year rule" and employees cannot cancel FEDVIP coverage due to retirement alone.

Federal employees who wish to enroll, change plans, or cancel their enrollment in FEDVIP during the open season must do so by visiting the BENEFEDS website or by calling BENEFEDS toll-free at 877-888-3337 or TDD 877-889-5680. BENEFEDS will "turn off" open season enrollment functions at midnight, EDT, Dec. 13, 2013.

The enrollment process involves two parts. First, enrollees must create a BENEFEDS.com account by providing demographic and employment information. When this one-time step is complete, eligible employees can compare plans and enroll.

The effective date of FEDVIP coverage for the 2011 plan year is Jan. 1, 2011. Premium deductions will begin for Air Force-serviced employees with the pay period beginning Jan. 2, 2011, and will be reflected in their leave-and-earnings statement for that pay period. Premiums will be deducted on a pre-tax basis for employees.

FEDVIP premium costs and individual plan brochures for 2011 are available on the OPM open season website.

Federal Flexible Spending Account

During the open season, eligible employees may enroll in the Federal Flexible Spending Account program for calendar year 2011. There are three types of FSA accounts: the Health Care FSA, the Limited Expense Health Care FSA, and the Dependent Care FSA. The FSAFEDS program allows federal employees to set aside pre-tax money for a wide range of medical and dependent care expenses. The money is set aside from the employee's salary before taxes are withheld; the employee incurs eligible expenses and receives reimbursement. Enrolling in FSAFEDS lowers the amount of the employee's income tax because the salary set aside for FSAFEDS is exempt from federal income taxes, Social Security taxes, Medicare taxes, and from most state and local taxes.

Employees who are eligible to enroll in the FEHB program may participate in the FSAFEDS program, even if they are not



# I wish I had put up my lights earlier...

by **Lt. Col. Bob Leivers**  
310th Space Wing Chaplain

I realize some folks leave their Christmas lights up all year round and they are ready to go at a moments notice. For some reason I just can't bring myself to do this, so each year I put them up and take them down. I don't know why, but I never seem to get around to putting up the lights when the weather is warm and nice – without fail I'm out in the cold and wind and asking: "Why am I so stupid each year?"

To be honest, my thoughts about putting up the lights are just a small part of the mixed emotions I experience during the holiday season. I really enjoy getting together with folks, having our children home and especially sharing the excitement of our grandson. However, my emotions are very confused when it comes to everything that needs done in a relatively short time. My wife tells me not to be such a "grump," yet I do

feel a great deal of joy mingled with the additional stress I put on myself.

I've got a hunch I'm not alone with these thoughts. If you too have some unusual emotions about this time of year, take heart - there are a lot of us feeling the same way. I used to think I was the only one who felt this way and then I started talking to some folks and found out I'm not alone.

So a word of advice, don't think you have to get everything done in order to have a great holiday. The focus of the holidays is relationships with people, not having everything picture perfect.

Enjoy yourself and may you have a blessed holiday season.

All the best, Chaplain B. Leivers



## OPEN SEASON

From Page 5

currently enrolled in FEHB. Employees who enroll in one of the high-deductible health plans and are eligible for a health savings account may not have a regular Health Care FSA account, but they may enroll in the Limited Expense Health Care FSA. All employees with qualified dependents may enroll in a Dependent Care FSA, except temporary employees with no fixed work schedule whose tour of duty is six months or less. The Affordable Care Act has made several changes to FSAFEDS for 2011. Effective Jan. 1, 2011, over-the-counter products that are classified as medicines or drugs will not be eligible for reimbursement from your Health Care Flexible Spending Account, unless a prescription was written and provided for that item. However, insulin will not require a prescription. Other currently eligible over-the-counter items that are not medicines or drugs will not require a prescription. Claims for eligible over-the-counter medicines and drugs purchased prior to Jan. 1, 2011, must be submitted before April 30, 2011, in order to receive reimbursement. Effective Jan. 1, 2011, an employee enrolled in a Federal Flexible

Spending Account program may request reimbursement for eligible health care expenses incurred by a natural child, step-child, adopted child, eligible foster child, or a child who is placed with the employee for legal adoption. The child does not need to reside with the employee or qualify as the employee's tax dependent to meet eligibility. Prior to Jan. 1, 2011, eligible children were limited to those who could be claimed as dependents on an employee's federal tax return.

The Affordable Care Act has also extended the age of a child who may incur eligible expenses under an employee's Health Care FSA. Expenses of an employee's child are covered through the taxable year prior to the taxable year in which the child turns age 27. This means the child's health care expenses are not eligible for reimbursement during the entire taxable year in which the child turns age 27. For example, enrollees cannot be reimbursed for expenses incurred by a child who turns 27 anytime in 2011. The Affordable Care Act does not affect Dependent Care FSAs. For further information, visit the FSAFEDS website at [www.fsafeds.com](http://www.fsafeds.com) or call 877-372-3337 or TDD 800-952-0450.

The maximum annual election for the

Health Care FSA and for the Limited Expense Health Care FSA is \$5,000. The Dependent Care FSA annual maximum is \$5,000 per household, or \$2,500 if married and filing separate tax returns. The minimum annual amount for each type of FSA account is \$250.

The FSAFEDS program also has a 2.5-month grace period. If the 2011 account is not exhausted by Dec. 31, 2011, eligible expenses incurred Jan. 1 through March 15, 2012, will be applied to the remaining 2011 balance.

Enrollments are made via the FSAFEDS website or by calling toll-free 877-372-3337 or TDD 800-952-0450. Enrollment does not carry over automatically from year to year. Employees must submit a new enrollment for each year they wish to participate.

Detailed information on the FSA program is available on the FSAFEDS website, including an online calculator that will help estimate the FSA contribution and potential annual tax savings.

For more information on any of these programs or other civilian employee benefits and entitlements, visit the AFPC personnel services website and select the Civilian tab, and then select Benefits and Entitlements. (Courtesy/AFNS)

# USAJOBS to be single source for AF job seekers

by **Daniel P. Elkins**

Air Force Personnel, Services and Manpower Public Affairs

## **RANDOLPH AIR FORCE**

**BASE, Texas** -- Current civilian employees will have a single source to apply for vacant Air Force positions beginning Nov. 15 when they join other job seekers already using USAJOBS.

Air Force civilian personnel officials announced the decision in October that almost all hiring will be accomplished through USAJOBS following a seven-month pilot program using a resume-based system to fill vacant positions at 16 locations across the service.

Previously, Air Force civilian employees were referred to vacant positions based on skill codes while external candidates were referred based on resumes.

"We are leveling the field for both employees and selecting supervisors," said Michelle LoweSolis, the director of civilian force integration at the Air Force Personnel Center. "The change creates a standardized, resume-based application process for all applicants ensuring they are rated against the same criteria and a single referral list will be provided to selecting officials."

To help Air Force civilian employees make the transition, Airman and Family Readiness Centers are assisting with resume writing. A

proper resume should describe all work experience and the dates accomplished.

Employees may contact their local Airmen and Family Readiness Center for more information on one-on-one consultations, resume writing workshops or answering general questions.

The change also includes a reduction in the number of days from 45 to 30 in which hiring managers must make a selection.

This, along with other efforts, is aimed at meeting an 80-day hiring process initiative directed by the president earlier this year.

Air Force internal and external employees can search for vacancies through [www.usajobs.gov](http://www.usajobs.gov). They can also learn more about civilian career opportunities at [www.afciviliancareers.com](http://www.afciviliancareers.com).

Officials said the new staffing solution will require Air Force employees new to USAJOBS to create an account, accessible by computer or smart phone 24 hours a day.

Each account can store up to five different resumes that allow employees to clearly identify and highlight their skills and abilities when seeking future career opportunities.

From the account, applicants can track when the application is received, when it is assessed for qualifications, if it is referred to a selecting official, and if selected for the position.

Job announcements available to current Air Force civilian candidates will include the "Current Permanent Air Force Employee" eligibility statement on jobs advertised in USAJOBS. Applicants should identify themselves as current Air Force employees in the assessment questionnaire included in the vacancy announcement.

Twelve Air Force locations will not be transitioning to the new recruitment process at this time and will continue advertising their internal vacancies on the AFPC secure employment website. Those bases include Brooks City Base, Texas, Arnold, Edwards, Eglin, Hanscom, Hill, Kirtland, Luke, Robins, Tinker, and Wright-Patterson Air Force Bases, and Hurlburt Field, Fla.

Officials will inform Air Force employees as these bases transition to the new system.

The transition to USAJOBS applies only to civilian employees paid out of the federal appropriated fund budget. It does not impact the more than 25,000 Air Force non-appropriated fund employees who are paid by money generated by NAF activities, such as Air Force clubs and golf courses.

For more information current Air Force employees may call the Total Force Service Center at (800) 525-0102 or DSN 665-5000

# Affordable Care Act impacts federal benefits

**RANDOLPH AIR FORCE BASE, Texas (AFNS)** -- Several provisions of the Affordable Care Act will be implemented Jan. 1 affecting eligibility and benefits for appropriated civilian employees under the Federal Employees Health Benefits and Federal Flexible Spending Account programs.

One of the provisions of Public Law 111-148 changes FEHB dependent eligibility rules.

"One of the most welcomed changes is the extension of health benefits coverage for children under their parent's health benefit until the age of 26," said Kathryn Iapichino, a human resources specialist at the Air Force Personnel Center here. "This is a relief to many parents whose children are attending college and do not have access to affordable health care. This also precludes parents from having to purchase additional health care coverage for this child, often at 75 percent more than what the federal employee would pay for family coverage."

The provision includes married children; however, it does not include their spouses or children. It also removes the residency and dependency requirements and allows children who currently have or are eligible for their own insurance, to be placed on their parents' FEHB plan.

Employees may add their eligible children either during the 2010 Open Season beginning Nov. 8 and lasting through Dec. 13, 2010, or as a qualifying life event. Those currently enrolled in self and family coverage should contact their plan provider to add eligible children to their FEHB.

Employees who are enrolled in self and family coverage and are planning on making an open season election to elect coverage with another carrier can add their eligible children when processing their election. Employees enrolled in self-only coverage or not enrolled in FEHB may make an open season election for self and family coverage to add their children to their FEHB. Employees may process an open season elec-

tion through the Benefits and Entitlements Service Team system at 800-565-0102, or the Employee Benefits Information System Web application available through the Air Force Portal or AFPC secure applications website. Open season elections will be effective Jan. 2, 2011.

Employees enrolled in self-only coverage or are not enrolled in FEHB may also enroll in self and family coverage as a qualifying life event, electing "Change in Family Status." To elect coverage due to a "Change in Family Status," employees must contact the Total Force Service Center between Dec. 1 and March 1, 2011. This change cannot be accomplished using the BEST phone or EBIS systems. Elections based on a qualifying life event will be effective Dec. 19, in order to make your child's coverage effective Jan. 1, 2011.

The Affordable Care Act has also extended the eligibility age for reimbursement of eligible expenses under an employee's Health Care FSA. This change will allow employees to request reimbursement of eligible expenses through the taxable year prior to their child turning age 27.

Eligible children include the employee's natural child, stepchild, adopted child, foster child or a child placed with the employee for legal adoption. This act has also removed the requirement that children reside with the employee or qualify as the employee's tax dependent.

Also effective for the 2011 plan year, over-the-counter products that are classified as medicines or drugs will require a prescription from a physician in order to receive reimbursement from a Health Care FSA. This does not include insulin.

Other over-the-counter items that are not classified as medicines or drugs will not require a prescription.

For additional information, Air Force-served employees may contact the Total Force Service Center at 800-525-0102. Hearing-impaired employees with access to TDD equipment may reach a benefits counselor by calling 800-382-0893 or 210-565-2276.



## New standards to fitness testing mean Reservists must adapt

by Maj. Kallece Quinn

302nd Airlift Wing Public Affairs

### PETERSON AIR FORCE BASE,

**Colo.** -- The new Air Force Fitness Program started Air Force wide July 1. This new program has new testing standards and implements new procedures.

"The new program will change the way our members prepare for, schedule and take their fitness assessment," said Lt. Col. Steve Coppa, the 302nd Airlift Wing Fitness Program Manager.

The new fitness assessment now requires Airmen to achieve minimum scores in all testing areas in addition to scoring a minimum of 75 points. Airmen will also need to pay attention to the testing's score matrix as meeting the minimum requirements for each category will not give them the needed 75 points.

"The percentage each component is worth has changed," Colonel Coppa said. "Under the new regulation, the aerobic component has been raised to 60 percent and the waist measurement portion has been decreased to 20 percent. However, both the push-up and sit-up portions are still worth 10 percent each."

Also affecting scoring is the change to the age groupings. Old testing requirements broke Airmen down into 5-year scoring increments. Under the new assessment, Airmen have been lumped into 10-year brackets, with the first break at 30 years of age.

Also, Reservists will be required to take the fitness assessment every six months, but if the member scores 90 points or more, they will not be required to test for 12 months. However, Airmen who score an excellent on their assessment, but were medically exempt from testing in

one or more components will still be required to test every six months.

Also, options for the alternate aerobic test have changed.

"Airmen on a 'no running' medical profile will no longer be able to take the bike test or do the three-mile walk," explained Tech. Sgt. David Anderson, Peterson AFB Fitness Assessment Cell member. "These members will now take the one-mile 'rockport' walk while wearing a heart-rate monitor. The person's VO2 max (aerobic capacity) will be calculated using weight, age, gender, walk time and final heart rate."

Fitness assessments are now scheduled through unit fitness program monitors and must be scheduled at least a month in advance. Testing is administered by the Peterson Fitness Assessment Cell.

For testing, Reservists are still required to be in a military status and must be in the AF physical training uniform.



Maj. Alan Flolo, 302nd Airlift Wing executive officer (right), jokes with 310SW Command Chief Master Sgt. Rocky Hart during the June 14 'Get Fit with Leadership' run at the Peterson Air Force Base track. (U.S. Air Force photo/Tech. Sgt. Daniel Butterfield)

Members must have their Military ID, a completed copy of the fitness questionnaire and, if they are medically exempt from any portion of the assessment, an up-to-date AF Form 422.

"The 302nd AW alone will be responsible for approximately 2,600 tests per year. It's everyone's responsibility to know when their tests are due," Colonel Coppa said.

The new program brings a lot of changes for all AF members and Colonel Coppa expects some growing pains as the 302nd AW get used to the new requirements.

"The UFPMs will have added responsibility and workload under the new program," he explained. "Please help out the UFPMs by knowing your assessment due date, promptly schedule your test, train for the test and show up on-time for the assessment. It's truly the member's responsibility."

# Poinsettia Plant

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# Survey addresses quality-of-life needs

**SAN ANTONIO** -- The 2010 Caring for People Survey gives total force Airmen, civilians, retirees and dependents an opportunity to voice their concerns on how the Air Force can better address their quality-of-life needs.

With Airmen deploying in support of global contingency operations for two decades, developing and caring for Airmen and their families continues to be a high priority for Air Force leaders.

"We need to provide for the physical, emotional, cognitive and spiritual well-being of our Airmen and their families," said Secretary of the Air Force Michael Donley during remarks at an Air Force Sergeants Association convention in August. "The needs of Airmen and their families, however changing they may be, are enduring, and we must continue to understand their needs and support."

The last survey was administered in 2008 and helped leaders identify four broad categories of services important to Airmen and their families, health and wellness, Airmen and family support, education and development, and housing and communities.

Insights from the survey and subsequent focus groups spurred the development of several initiatives for each category:

-- Six bases are currently testing a new dining concept as part

of the Food Transformation Initiative, which improves the quality and availability of food for Airmen.

-- \$140 million has been allocated to improve fitness facilities.

-- Officials have programmed more than \$250 million for dormitory improvements, and 23,000 privatized homes have been built or renovated.

-- More than \$10 million has been allocated to create an Air Force Single Airmen program.

The 2010 Caring for People Survey will continue to build upon the relevance of the 2008 survey so Air Force officials can capture trended data to allow for more robust analysis, said Curt Cornelissen, the chief of future operations for Air Force Services at the Pentagon.

"In this climate of tighter budget constraints, it is imperative that we develop the best picture of what our Air Force community wants and needs, so we can prudently focus our resources," he said. "The last survey only had a 21-percent response rate, so we're hoping to far surpass that this year."

For the first time, this year's survey includes civilians, spouses and retirees to ensure the needs of the total Air Force community are captured, officials said. The survey will be sent via e-mail in stages beginning Dec. 1, and will work with major command and base officials to reach out to families and retirees.

## Satellite Dish is AFSPC Hennessey Award Nominee

by Staff Sgt. Patrice Clarke  
50th SW Public Affairs

**SCHRIEVER AIR FORCE BASE, Colo.** -- If you notice the members working in the Satellite Dish dining facility have a little extra pep in their step or their smiles are a little brighter while they serve you rest assured they have good reason. The Satellite Dish dining facility was selected as

Air Force Space Command's Hennessey Award nominee for 2010 and will move on to compete at the Air Force level against other dining facilities in their category.

They earned the right to compete at the Air Force level after winning the AFSPC level which included a \$10,000 award.

It wasn't just the facility, but the entire process that impressed the judges.

"This team, the way they work together day in and day out really pleased us," said Chief Borders. "You can tell that they weren't just putting on a show because we were inspecting. This level of excellence is how they work day in and day out."

Maintaining an outstanding level of excellence isn't an

"We don't have a typical dining facility," said Thea Wasche, 50th Force Support Squadron director.

Schriever's dining facility is open to all enlisted, officer, DoD civilians and contractors on certain days; which equals out to about 322,000 meals a year.

Patrons can choose from multiple hot bars, salad bars, fish bars, snack lines and full menu hot items each day. With so many choices seamless operations is a must.

"Our folks do an outstanding job in that dining facility every single day," said Ms. Wasche. "They work like clockwork. Every person in that dining facility knows what they are supposed to be doing at any given time and that equals seamless operations."

To the folks who work in the dining facility, it's all about the team.

"We have very limited turnover," said Jack Riley, Dining Facility Contract owner/operator. "We really consider ourselves a family. We have continuous employee interaction. If we see someone struggling we try our best to pick that person up and out of their funk, because we know down the line we are going to need someone to do that for us."

"It's not just the Satellite Dish team that gets credit for the world class dining facility," commented Ms. Wasche. "It's leadership and the patrons that make our dining facility the best."

"Team Schriever leadership supports us in every way," she said.

"Whether it's serving a holiday meal or handling any issue that we might have, they are a big reason why the Satellite Dish is such an amazing dining facility."

Schriever's everyday mission played a part in the award and will hopefully be brought to the forefront when the Satellite Dish competes at the Air Force level.

"This dining facility does a tremendous job of supporting the men and women of Team Schriever, which in turn, supports the Schriever mission," said Chief Borders. "The Satellite Dish is a tremendous dining facility and we at Space Command are very proud to have this dining facility representing us at the Air Force level."



easy feat for the busiest dining facility in Space Command.





## Air Force Culture, Region & Language Program

### INTRODUCTION TO CROSS-CULTURAL COMMUNICATION

In response to the Department of Defense and Air Force guidance to provide cultural awareness and training to the enlisted corps, Community College of the Air Force and the Air Force Culture and Language Center (AFCLC) are offering a Distance Learning Course, *Introduction to Cross-Cultural Communication*, providing the knowledge and skills associated with cross-cultural communication in an applied context.

CLTR202, *Introduction To Cross-Cultural Communication*, fulfills three resident hours of either Social Science or General Elective credit required for the Community College of the Air Force (CCAF) Associate of Applied Science degree. The purpose of the course is to provide foundational knowledge essential for developing cross-cultural communication competence, focusing on the concepts, skills, and applications relevant to military personnel.

CCAF General Catalog: [http://www.au.af.mil/au/ccaf/catalog/2008cat/cd\\_ind.htm](http://www.au.af.mil/au/ccaf/catalog/2008cat/cd_ind.htm)

Designed to build on the foundation provided by the AFCLC's *Introduction to Culture* course, *Introduction to Cross-Cultural Communication* (through readings, video and simulations) explores subjects such as manifestations of culture, communication styles, paralanguage, nonverbal communication, and active listening. It also includes lessons on relationship-building and conflict resolution reinforced through actual narratives of Airmen's personal and professional experiences.

Students are provided the course and all instructional material at no cost. The course content and readings are delivered via Air University's web-based Blackboard Academic Suite. Access to the internet for occasional research assignments is required. The course is self-paced and consists of 12 modules which students will be tested on via a midterm and final exam.

**Session: Spring 2011 (17 Feb – 8 Jun)      Seating Limited to 75 Students**

Learn more about AFCLC's *Introduction To Cross-Cultural Communication* course and get application instructions at the following site:

**<http://www.culture.af.mil/educationcourses.html>**

If you have further questions e-mail the Air Force Culture and Language Center at: [afclc.enroll@maxwell.af.mil](mailto:afclc.enroll@maxwell.af.mil)

**Email: [afclc.enroll@maxwell.af.mil](mailto:afclc.enroll@maxwell.af.mil)**



**310TH SPACE WING AT A GLANCE**

The 310th Space Wing, the only space wing in the Air Force Reserve, is located at Schriever Air Force Base, Colo., and has units assigned to Schriever, Peterson and Buckley Air Force Bases, Colo., and Vandenberg Air Force Base, Calif.

**Vision Statement**

World's best citizen Airmen bringing unrivaled expertise to secure space and cyber superiority for U.S. and Allied global interests.

**Mission**

Provide optimized, scalable combat ready forces, delivering space and cyberspace power for faster, more lethal, more accurate effects everyday, everywhere.

**Organization**

The wing is composed of 17 units, under the 310th Operations Group, 310th Mission Support Group and two direct-reporting units, that support various military and other government organizations including, but not limited to, the Department of Commerce, Air Force Space Command, Air Combat Command, the Space Innovation and Development Center, 14th Air Force, 24th Air Force, 50th Space Wing, 21st Space Wing, and 460th Space Wing.

<http://www.310sw.afrc.af.mil>



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